



TIME OUT FOR THE UNDERRATED SUPER ORGAN

7-Day Liver Reset.



Developed
by nutrition
experts

What the liver loves – time out for the underrated super organ

No other organ in our body has as many different tasks as the liver. It cleans up our body day after day and works hand in hand with our metabolism and immune system. This makes it all the more important to know what supports it and how simple steps can make a difference.

The words 'liver' and 'life' are closely related, and not just in a literal sense. Hundreds of processes take place in the liver simultaneously: it not only breaks down alcohol, but also breaks down nutrients for us, filters our blood, is important for fat digestion and helps the immune system detect foreign cells. And it acts as an energy centre: it supplies us with glucose and stores it so that we can draw on it in times of need.

Liver detoxification centre

Approximately 1.4 litres of blood flow through the liver every minute. Everything we eat or drink passes through the liver first: nutrients, alcohol, medication, toxins – everything is filtered, processed and converted into the right form before it reaches the rest of the body. The liver therefore works around the clock to keep our body clean and functioning properly.

When abundance becomes a burden

However, our modern diet often puts a strain on the liver. Too much sugar, fat or high-calorie, processed snacks cause fat to accumulate in the liver. This can severely impair its performance – even leading to non-alcoholic fatty liver disease, a silent illness that also affects many slim people.

The tricky thing is that the liver suffers silently. It has no nerve fibres, so the first warning signs are usually tiredness or exhaustion. Naturopaths even say: 'Tiredness is the pain of the liver.' If it becomes overloaded, the whole body becomes unbalanced – because hardly any other organ influences metabolism, energy balance and the immune system as comprehensively as it does.

Master of regeneration

The good news: The liver is a true master of regeneration. Those who support it in its daily work will quickly feel more energy, vitality and an overall better physical well-being.

Our 7-day liver reset will help you achieve this!



7-day reset for your liver

Give your liver the support it deserves every day – and enjoy new energy, well-being and lightness.

Try to implement as many of these beneficial measures for the liver as possible on a daily basis.

You are also welcome to continue with any points that appeal to you for longer



Your liver loves bitter substances

Enrich your meals this week with plenty of herbs and spices such as sage, rosemary, caraway marjoram, curry, turmeric and ginger. The liver's favourite foods also include dandelion, chicory and radicchio.

Check here

Day 1 2 3 4 5 6 7



Exercise is good for the liver

Exercise for 20 minutes every day. Brisk walking or gentle walking stimulates blood circulation in the liver – and is more effective than an hour of intensive fitness training once a week.

Day 1 2 3 4 5 6 7



Consider dietary fibre

Simple carbs from white flour, pale pasta, and baked goods can stress the liver. Replace these with wholemeal bread, wholemeal pasta, buckwheat, millet and legumes over the next few days.

Day 1 2 3 4 5 6 7



Coffee as liver protection

Coffee is good for the liver! If you like it, drink two to three cups a day – preferably unsweetened, whether espresso or filter coffee. Those who prefer something lighter can enjoy green tea as an alternative.

Day 1 2 3 4 5 6 7



A warm liver wrap

To stimulate blood circulation in the liver, Pastor Kneipp recommended dipping a towel in warm water and wrapping it around a warm hot water bottle. Place it on the right upper abdomen and relax for 30 minutes.

Day 1 2 3 4 5 6 7



A glass of water at breakfast

During the night, the liver collects the day's waste products, and drinking plenty of fluids in the morning helps it to eliminate them. It is therefore best to enjoy a large glass of water immediately after getting up.

Day 1 2 3 4 5 6 7



Reduce toxins

If possible, avoid fast food, sugar and harmful substances such as alcohol and nicotine. If you do snack, it is best to have a piece of dark chocolate, which contains little sugar and many secondary plant substances.

Day 1 2 3 4 5 6 7

